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Australia reeling after deadly hostage siege

Nation that prides itself on being peaceful rocked to its core as Iranian-born gunman and two hostages are killed when police storm café in a tragic end to 16-hour standoff in Sydney PAGE 12

Pan Am Games officials fly high on our dime

Wined and dined.
TO2015 under fire for spending hundreds of thousands of taxpayer dollars flying around the world

Scores of Pan Am Games officials here and abroad are seeing the world using the Ontario taxpayers' money.

TO2015 estimates that airfare alone cost some $500,000 for the past four years. But critics say closer to $800,000 was spent on flying TO2015 and Pan American Sports Organization (PASO) officials to far-flung destinations where they were wined and dined.

"These guys haven't found anywhere that they weren't willing to fly to," said Tory MPP Todd Smith, the Games critic for the Progressive Conservatives, whose staff Monday was still poring over the expenses.

"They have been to London. Glasgow, Geneva, Rio, New Delhi, Italy, Barbados, Cayman Islands — they've been everywhere," Smith told Torstar News Service.

Under the Agreement of Responsibilities and Obligations for the Organization of the XVII Pan American Games in 2015, the host jurisdiction is required to pick up the tab for visiting dignitaries.

"When you're charged with delivering an international event, some international travel comes with the territory," TO2015 spokeswoman Neala Barton said in an email.

Smith said that may be, but asked why someone from TO2015 would have to go to judo competitions in both Colorado Springs and Whitehorse. "You know you can watch these things on a computer and there is such a thing as a teleconference these days," he said.

It is costing at least $2.5 billion to host the Games, which will see more than 7,500 athletes competing in 51 sports at venues in 16 municipalities.

Taxpayers got a glimpse of some questionable spending by TO2015 when the agency dumped 5,000 sheets of expenses covering four years on reporters at Queen's Park on Friday.

There were claims for dress shirts, wine, Smarties, Argonauts tickets, Tim Hortons gift cards, a wine tour, flowers, parking tickets, catered meals and hundreds of international flights — including $3,800 for two adults and a child to jet from Turin, Italy, site of the 2006 Winter Olympics.

Barton noted much of the travel is required in order for the Games to be the best they can be. But even so, she said, since Saad Rafi took over as TO2105 CEO in January, he has demanded to approve, personally, all international travel.

TO2015 chair David Peterson said once reporters get past the stories of orange juice and flowers, "the real story is (these Games) are run enormously efficiently and totally transparently. And the mistakes are … peanuts."

NDP critic MPP Paul Miller said the truth is "it's going to get worse before it gets better."

TORSTAR NEWS SERVICE

Quoted

"These guys haven't found anywhere that they weren't willing to fly to." Tory MPP Todd Smith, Games critic for the PCs

THE FOURTH WAVE OF FEMINISM

A number of high-profile young feminists — including, from left, Nobel Peace Prize winner Malala Yousafzai, actors Jennifer Lawrence and Emma Watson and pop star Lorde — are inspiring girls by embracing the cause and connecting with socially minded youth in a new way, says a Metro columnist. See story, page 16. GETTY IMAGES

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Panhandling tickets saddle homeless with debt: Prof

Safe Streets Act.
Toronto police spent $1M to issue tickets over 10 years, but only $8,000 was paid

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

What happens when the police ticket homeless people who can't pay?

The tickets pile up, sometimes into a mountain of debt that comes back to crush those people's finances when they finally get housing.

"The cities will sell the debt to collection agencies and then, when someone finally gets housed, they will get a knock on the door and the person will say. 'You owe $4,800,'" said Stephen Gaetz, a York University professor and member of the Coalition to Repeal the Safe Streets Act.

"Their credit rating will be destroyed, they will have this incredible debt — it will affect their ability to move forward."

The Coalition to Repeal the Safe Streets Act asked the provincial government Monday to repeal the controversial law passed 15 years ago to the day.

Premier Kathleen Wynne, speaking after an address to the Economic Club of Canada, said the province's attorney general will take the coalition's comments under review.

"Here's my approach: What is the most shameful to me is that in this rich province, in this rich country we live in, we still have people who can't find enough to eat and can't find a place to be," she said. "In our new poverty reduction strategy, homelessness is a top priority.

"I want to help those who are on the street, get off the street."

Over the first decade of the Safe Streets Act, Toronto's homeless population began relying less on panhandling for income and yet, the number of tickets for aggressive panhandling skyrocketed to more than 15,000 a year, Gaetz's research found.

Toronto police spent nearly $1 million issuing tickets under the act in that time, but only about $8,000 was ever paid.

The act was designed to penalize aggressive panhandling and squeegeeing, but Gaetz said his research shows it has been applied much more broadly.

"The public doesn't want to see people who are homeless, so if they complain the police will respond," he said.

Homeless people are more likely to be victims of crime; officers frequently stop them, do searches and issue tickets. That further marginalizes them and harms their relationship with police, Gaetz explained.

Quoted

"The tickets are being used, I think, because there is pressure on police services."

Prof. Stephen Gaetz, Coalition to Repeal the Safe Streets Act

A man panhandles at Yonge and Bloor on Monday. If he was issued a ticket, would he be able to pay?
DAVID VAN DYKE/METRO

Gaetz said the Safe Streets Act was passed as part of the "moral panic" voters felt about seeing a record number of homeless people on the street, which happened in the 1990s because of cuts to welfare and other social programs.

Middle-class people soliciting for charity or handing out money are never ticketed, he added.

"And I'm not sure, from a policy perspective, it's wise to respond to the fact that people might be afraid of someone because of the way they look or the way they dress and the fact that they're asking you for money," he said.

A police spokesman said the service won't comment on the issue until the attorney general has made a ruling on the law.

Homeless charity campaigns using social media spark controversy, PAGE 6

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Influenza season

City warns of 'wave' of flu cases

Health authorities in Toronto say there has been a "wave" of influenza cases in the city. Toronto Public Health says there were 113 cases as of Dec. 6 — more than three times the 10-year seasonal average. There have been 342 in total in the province.

THE CANADIAN PRESS

Derek Bissue

Mississauga man faces 15 charges in human trafficking investigation

Toronto police say a Mississauga man is facing 15 charges in connection with a human trafficking investigation.

Police say officers from the Human Trafficking Enforcement Team began an investigation Thursday after allegations were made that a 21-year-old woman was being forced into the sex trade.

Derek Bissue, 22, faces charges including trafficking in persons, uttering threats of death and bodily harm, two counts of overcoming resistance by choking, robbery, weapons charges and three counts of theft under $5,000.

THE CANADIAN PRESS

Newmarket

Loose ends remain in murder case

The investigation into the slaying of a Toronto-area woman and wounding of her husband continues even after their daughter and three accomplices were convicted of first-degree murder in the assassination plot this weekend.

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A group of children in the Ethiopian village of Debre Tsige, also known as 'Little Canada'. CONTRIBUTED

Locals want to honour former PM in Ethiopia

'Little Canada'. A group of Ethiopian-Canadians in Toronto wants to pay tribute

GILBERT NGABO
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Brian Mulroney's name and fame could soon be associated with a bus station in a rural Ethiopian village that has come to be known as "Little Canada."

A group of Ethiopian-Canadians in Toronto wants to pay tribute to the former prime minister by refurbishing and naming a major bus terminal after him. They've launched a $50,000 online fundraising campaign to transform the station in Debre Tsige, a small village south of Addis Ababa, Ethiopia's capital.

When Mulroney took office in 1984, Ethiopia was in the middle of its largest famine — an event that caused hundreds of thousands of deaths. The former prime minister spearheaded government efforts to contribute about 10 per cent of all international aid to Ethiopia and, ultimately, saved many lives.

A number of Debre Tsige residents immigrated to Canada following the drought and a period of civil unrest. Their continued connection with the village — through family members still living there and packages mailed back home — is largely why it's referred to as Little Canada.

"People have posters of Justin Bieber and Celine Dion in their houses and in bars," said Samuel Getachew, a Toronto community organizer and activist originally from Debre Tsige. "People there feel so close to Canada because their relatives here send them a lot of stuff."

Many people living in the village are too young to know Mulroney and how he helped Ethiopia. But, they should know about his work, Getachew said.

"We want them to know about him because he was important to our country," said Getachew, who is leading the bus station effort.

The larger goal, Getachew said, is to make Debre Tsige — which means Monastery of Mary — a Canadian hub.

There is a restaurant in Addis Ababa called Oh Canada, where they serve everything Canadian, including poutine. He would like to see something like that in Little Canada soon.

Online fundraising for the bus station renovations runs through the end of February.

The goal is to start the work by summer.

Quoted

"He was a great friend of Africa."

Samuel Getachew, On former PM Brian Mulroney

Police action urged after shootings inquest

Fatal encounters with mentally ill. Inquest recommendations should be adopted quickly, lawyer says

Despite recommendations made in a recent coroner's inquest into three police-involved shootings, Toronto police are not doing enough to ensure officers safely handle a situation involving a mentally ill person wielding a weapon, said a lawyer who has represented the families of police shooting victims Monday.

The issue of how thoroughly — and quickly — Toronto police are acting to eliminate fatal encounters with the mentally ill was raised at the final Toronto Police Services Board meeting of 2014, a year that saw two ambitious sets of recommendations spelling out how the force could improve interactions with emotionally disturbed people.

The reports overlap, including their emphasis on de-escalation techniques officers should use when encountering a mentally ill person with a weapon, such as calmly offering help as opposed to yelling the so-called police challenge, "Drop the weapon."

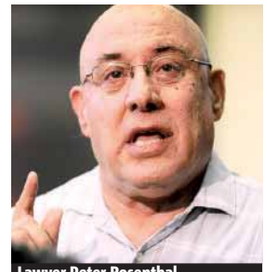
Some members of the public, speaking at the meeting, remained convinced the force is not working toward change quickly enough.

"Here we are, 10 months after the finalization of the inquest, and we've seen little to no evidence of any recommendations being implemented," said Neil Halliwell, who was a jury member at the inquest. "That's deeply concerning."

Peter Rosenthal — the lawyer who represented the Eligon family at the inquest, and has acted for other relatives of police shooting victims — implored the service to immediately act on key recommendations in an address to the board.

Rosenthal said Toronto police should announce a new policy that officers must attempt to communicate with a person in crisis by verbally offering help and understanding, so long as it is consistent with public and officer safety.

"Implement it in a way that if an officer doesn't do it, they are committing a disciplinary offence, it's misconduct," he said. TORSTAR NEWS SERVICE



Lawyer Peter Rosenthal
JIM RANKIN/TORSTAR NEWS SERVICE

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Mukherjee won't be punished for his Facebook posts

Toronto Police Services Board chair Alok Mukherjee
ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

The Toronto Police Services Board will not discipline its own chairman following controversy over his social media postings.

In a closed-door meeting Monday morning, members of the board — including newly appointed Mayor John Tory and Couns. Shelley Carroll and Chin Lee — decided not to punish chair Alok Mukherjee for complaints over two Facebook posts.

The posts, which referenced civilian deaths at the hands of U.S. police and another earlier post that had been criticized for making light of spousal abuse, were expected to raise tensions at the last meeting of the year.

Police union president Mike McCormack had called for the chairman's resignation over the allegedly anti-police post, arguing Mukherjee had breached the code of conduct for board members.

The board also chose to question Mukherjee about the second post, publicized by the National Post, which drew renewed criticism from the Toronto Police Association.

But a report from Dhun Noria, a provincial appointee acting as vice-chair for the board, said Mukherjee — who brought his lawyer, Howard Morton, to the private board meeting — recognized his "error in judgment, expressed his sincere regret and satisfactorily explained his intent and purpose in the posting."

After hearing from Mukherjee on the second posting, Noria said "no further action was required."

TORSTAR NEWS SERVICE

Explanation

Mukherjee, in a letter to the board included in the report, explained that the police post shared from Occupy Wall Street — which compared the number of police-involved deaths in the U.S. to the number of Ebola and ISIL victims — "struck" him as a "dramatic way" of sharing a serious issue that was "worthy of meaningful discussion."

One of the photos released by police, dated back to 2009. CONTRIBUTED

Officials seek to ID man in custody

Canadian border enforcement officials have taken the unusual step of asking the public to help them identify a man in custody in Toronto releasing his photos dating back to 1986.

It is believed to be only the second time the Canada Border Services Agency has taken such a step, following its public appeal to identify another man who has been detained for eight years after entering Canada with a fraudulent U.S. passport under the name of Andrea Jerome Walker.

In the new incident, authorities said the foreign national known to the agency as Ali Adongo has used at least five other aliases: Kasheef Ali, Muhammed Ali, Muhammed Kashif Adongo, Anthony McCum and Peter Osei.

The man is described as 167 centimetres (five-foot-five) tall, with scars on his nose, eyes and left forearm.

The border agency would not disclose any further detail of his nationality, travel history or length of detention. The photos released on Monday dated back to 1986, 1988 and 2009.

"Confirmation of an individual's identity is required by the CBSA to secure travel documents required for the removal of an inadmissible foreign national," the agency said in a statement. It asks people to call its Greater Toronto enforcement centre at 905-676-7689. TORSTAR NEWS SERVICE

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Noura Al-Mutairi says her Pass the Pizza movement was meant inspire people to give to charity. TORSTAR NEWS SERVICE

Pizza drive draws flak

Pass the Pizza. Critics say charity campaign aimed at homeless generates interest but at expense of those they're trying to help

A 20-year-old Toronto woman didn't think encouraging people to hand out pizza to the homeless would kickstart an Internet trend and generate plenty of flak, but that's exactly what's happened to Noura Al-Mutairi's Pass the Pizza movement.

The initiative asks people to use social media to post photos of themselves as they donate pizza to a homeless person with the hashtag #passthepizza. It spawned from a class assignment Al-Mutairi, a Ryerson University new media student, received, but has since garnered acts of giving around the city and as far away as Australia, Saudi Arabia and France.

However, the ethics behind campaigns that harness social media for charity at the expense of the others are unintentionally stirring up controversy.

Street pastor Doug Johnson Hatlem, who has worked with shelters and homeless people across North America, calls movements such as Pass the Pizza "a mixed bag" because they generate interest in donating, but can come at the expense of those they are trying to help.

He worries there is unnecessary pressure placed on homeless people who desperately need food, but find must sacrifice their identity and sometimes dignity to accept donations.

University of Toronto social media researcher Jenna Jacobson agrees that these campaigns can demean the homeless, even if that is not the goal.

"Consent is key," she says. "Some people would like to have their photo taken and some would not."

Al-Mutairi insists she wasn't trying to intimidate or demean anyone with Pass the Pizza. "By posting the picture, what we are trying to do is get people to see it so they go out and do it too," she says, adding that The Big Slice Pizza has gotten behind the movement, donating slices that Al-Mutairi and her classmates passed out to the homeless recently.

American clothing company Arabeezy says they will match the number of likes the most popular Pass the Pizza post gets on Instagram before Christmas with pizza slices to be donated.

TORSTAR NEWS SERVICE

Quoted

"Consent is key. Some people would like to have their photo taken and some would not."

Jenna Jacobson, U of T social media researcher

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Mail carrier skates in memory of mom

19 hours, 26 minutes. Local hockey ref Steve McNeil laces up for marathon session on the ice to raise money in honour of his mom

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Steve McNeil skates at Nathan Phillips Square on Monday during his marathon to raise money for the Alzheimer Society. DAVID VAN DYKE/METRO

Steve McNeil's mother was born in 1926, so for the past three years he's spent 19 hours and 26 minutes skating.

"I'm just a regular guy," he said Monday on the rink in Nathan Phillips Square.

"I'm just mailman-slash-hockey-referee who came up with a crazy idea 3-1/2 years ago about how to pay tribute to my mom.

"People convinced me, this year, to turn it into a fundraiser."

Last year, there was 18 inches of snow on the ice when he showed up at midnight to start his skate. He'd brought his own shovel and cleared his own path across the rink.

"The difference a year makes is astronomical," he said.

This year, he's raising money for the Alzheimer Society of Toronto. His mother and mother-in-law both had dementia.

"Looking at the open door and finding your mother-in-law has gone missing, that's frightening stuff," he said.

Give online

You can donate to Steve McNeil's Alzheimer Society of Toronto fundraiser at: 1926skating.alz.to

"Skating for 19 hours and 26 minutes, that's nothing."

McNeil spent the 19-plus hours chatting with other skaters and often breaking into a dance as he listened to AC/DC, his favourite band.

Guitarist, backing vocalist and songwriter Malcolm Young retired from AC/DC this year because of his dementia.

Quoted

"Looking at the open door and finding your mother-in-law has gone missing, that's frightening stuff."
Steve McNeil

"When I'm walking my mail route or skating like this I always have my music in my ears," McNeil said.

"So I decided when I stepped on the ice this morning I'd cue up my AC/DC library, which consists of 191 tracks on shuffle."

Rotman to review courses

The Rotman School of Management will launch a review of its full-time MBA program curriculum and bring in diversity trainers to work with staff after a sexist class assignment caused controversy.

Torstar News Service reported on the assignment last week, after being sent a copy by a dismayed student. The project portrayed "Elle Forest" as a hapless ditz who requires the help of her Yale-educated fiancée to make decisions about her finances.

In the assignment, Forest is offered a job by the jewelers Tiffany and Co, but is "confused about the subtleties of the offer." Her boyfriend then provides her with business advice, but Forest has trouble concentrating as she daydreams of designer shoes.

Inclusivity

Other measures outlined in the announcement include a new mentoring program for first-year students designed to improve communication between faculty and MBA candidates.

- Two of the school's staff, Tiziana Casciaro and Nouman Ashraf, have also been asked by the dean to engage with all graduate students to elicit their feedback on how to make Rotman more inclusive.

The project was issued to a first-year capital markets class. Its professor, Kent Womack, and the dean of the school, Tiff Macklem, later apologized for the assignment and withdrew it. The school, which is at the University of Toronto, called it "an ill-advised satire of a pop-culture character."

Macklem's latest announcement was emailed to the entire school on Monday and obtained by Torstar. It details a number of measures the school will take to "nurture inclusiveness."

"The events of the last week provide the opportunity to reflect on how we support diversity and strengthen the sense of community here at the Rotman School," the email reads.

TORSTAR NEWS SERVICE

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Magnotta's fate in jury's hands

Slaying of Jun Lin. A Quebec Superior Court judge has instructed the jury on what they need to consider during deliberations

An artist's sketch shows Quebec Superior Court Justice Guy Cournoyer instructing the jury on Monday at the murder trial for Luka Rocco Magnotta in Montreal. Magnotta is charged in connection with the death and dismemberment of university student Jun Lin. MIKE MCLAUGHLIN/THE CANADIAN PRESS

The jurors at Luka Rocco Magnotta's first-degree murder trial were sequestered on Monday after the judge told them what they need to consider as they deliberate his fate.

Magnotta has pleaded not guilty to five charges, including first-degree murder, stemming from the May 2012 slaying and dismemberment of Jun Lin, 33.

Quebec Superior Court Justice Guy Cournoyer's detailed final charge also opened the door to a conviction on second-degree murder or manslaughter on the murder charge.

But if the jury finds Magnotta not criminally responsible, Cournoyer said the verdict must apply to all five charges.

It's also the issue he suggested jurors tackle first when deliberations begin Tuesday.

In addition to premeditated murder, Magnotta is charged with criminally harassing Prime Minister Stephen Harper and other members of Parliament; mailing obscene and indecent material; committing an indignity to a body; and publishing obscene materials.

Psychiatrists for the defence testified throughout the trial Magnotta is schizophrenic, was psychotic the night of the slaying and was unable to tell right from wrong.

Crown prosecutor Louis Bouthillier countered there was no mental illness at play and that the crime was planned and deliberate. He has said Magnotta should be found guilty of first-degree murder and the four other charges.

Cournoyer told the jurors they would need to answer two questions for the mental disorder defence to be accepted. Firstly, is it more likely than not Magnotta was suffering from a mental disorder at the time of the offence? And secondly, did the disorder make him incapable of knowing the acts were wrong?

If the jury opts for a verdict of not criminally responsible, Cournoyer told them Magnotta would not be set free if he's considered a significant threat to public safety.

The jury will be required to render a unanimous verdict on each count.

Magnotta has already admitted to the physical acts of the case, meaning the jury will need to determine intent as well as the level of the planning in the slaying.

Cournoyer told them they must rely solely on the evidence they have heard over 40 days since the trial began in late September. Magnotta did not testify and didn't meet with a Crown psychiatrist, but the judge said he was not obliged to do so as part of his mental disorder defence.

Among the evidence to consider, Cournoyer said the jury will have to keep in mind that Magnotta's statements given to defence psychiatrists about facts surrounding the events in May 2012 and his own state of mind have not been independently proven. THE CANADIAN PRESS

Via Lomonosov Ridge

North Pole linked to Greenland, Denmark claims

An Arctic expert says an unspoken agreement between Arctic nations on how to divvy up northern seas is all but dead now that Denmark is presenting scientific data that it says gives it a claim to the North Pole.

The claim, which was to be filed with the United Nations on Monday, will force Canada into future negotiations on overlapping claims, said University of British Columbia international law professor Michael Byers.

The Arctic area is believed to hold an estimated 13 per cent of the world's undiscovered oil and 30 per cent of its untapped gas.

Danish Foreign Minister Martin Lidegaard says scientific data shows Greenland is connected to the 2,000-kilometre-long Lomonosov Ridge beneath the Arctic Ocean. He says that gives Danes a claim to the North Pole and any resources on the sea floor. THE CANADIAN PRESS

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Sydney hostage siege: 3 killed in raid

Lindt Chocolat Café.
Iranian-born gunman among the casualties

The deadly siege began in the most incongruous of ways, on a sunny Monday morning inside a cheerful café in the heart of Australia's largest city. An Iranian-born gunman burst in, took 17 workers and customers hostage, and forced some to hold a flag with an Islamic declaration of faith above the shop window's festive inscription of 'Merry Christmas.'

It ended after midnight with a barrage of gunfire that left two hostages and the gunman dead, four others wounded, and a nation that has long prided itself on its peace rocked to its core.

After waiting 16 hours, police decided to storm the Lindt Chocolat Café early Tuesday when they heard a number of gunshots from inside, said New South Wales state police Commissioner Andrew Scipione.

Man Haron Monis in April 2011 after a pretrial hearing in Sydney. DEAN LEWINS/THE ASSOCIATED PRESS

A loud bang rang out, several hostages ran from the building and police swooped in amid heavy gunfire, shouts and flashes.

A police bomb disposal robot was sent into the building, but no explosives were found.

"They made the call because they believed that at that time, if they didn't enter, there would have been many more lives lost," Scipione said.

The gunman was identified as 50-year-old Man Haron Monis, who had been prosecuted in the past for sending offensive letters to families of Australian troops killed in Afghanistan.

Prime Minister Tony Abbott said Monis had "a long history of violent crime, infatuation with extremism and mental instability."

Scipione wouldn't say whether the two hostages who were killed — a 34-year-old man and a 38-year-old woman — were caught in crossfire, or shot by their captor. Among the four wounded was a police officer, shot in the face.

"Until we were involved in this emergency action, we believe that no one had been injured. That changed. We changed our tactic," he said.

An investigation into the incident was underway.

THE ASSOCIATED PRESS

Man Haron Monis

The gunman was known to authorities.

- Last year, he was convicted and sentenced to 300 hours of community service for using the postal service to send offensive letters to families of soldiers killed in Afghanistan.
- Monis was charged with being an accessory to the murder of his ex-wife. Earlier this year, he was charged with the sexual assault of a woman in 2002. He has been out on bail on the charges.

A hostage runs to armed tactical response police officers for safety after she escaping from a cafe under siege at Martin Place in the central business district of Sydney, Australia, Monday. ROB GRIFFITH/THE ASSOCIATED PRESS

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Halal status of beef faked: U.S.

Indictment. Iowa company allegedly misled customers about slaughter methods

A food supplier for several years falsely marketed beef to Muslims around the world as meeting strict halal standards, exporting products that weren't slaughtered in accordance with Islamic law, U.S. federal prosecutors allege in a major fraud indictment.

Midamar Corp., based in Cedar Rapids, Iowa, sold at least $4.9 million US in beef to customers in Malaysia, Kuwait, United Arab Emirates and elsewhere that did not follow the halal practices promised in its labelling and advertising, according to the indictment returned on Dec. 5 by a grand jury.

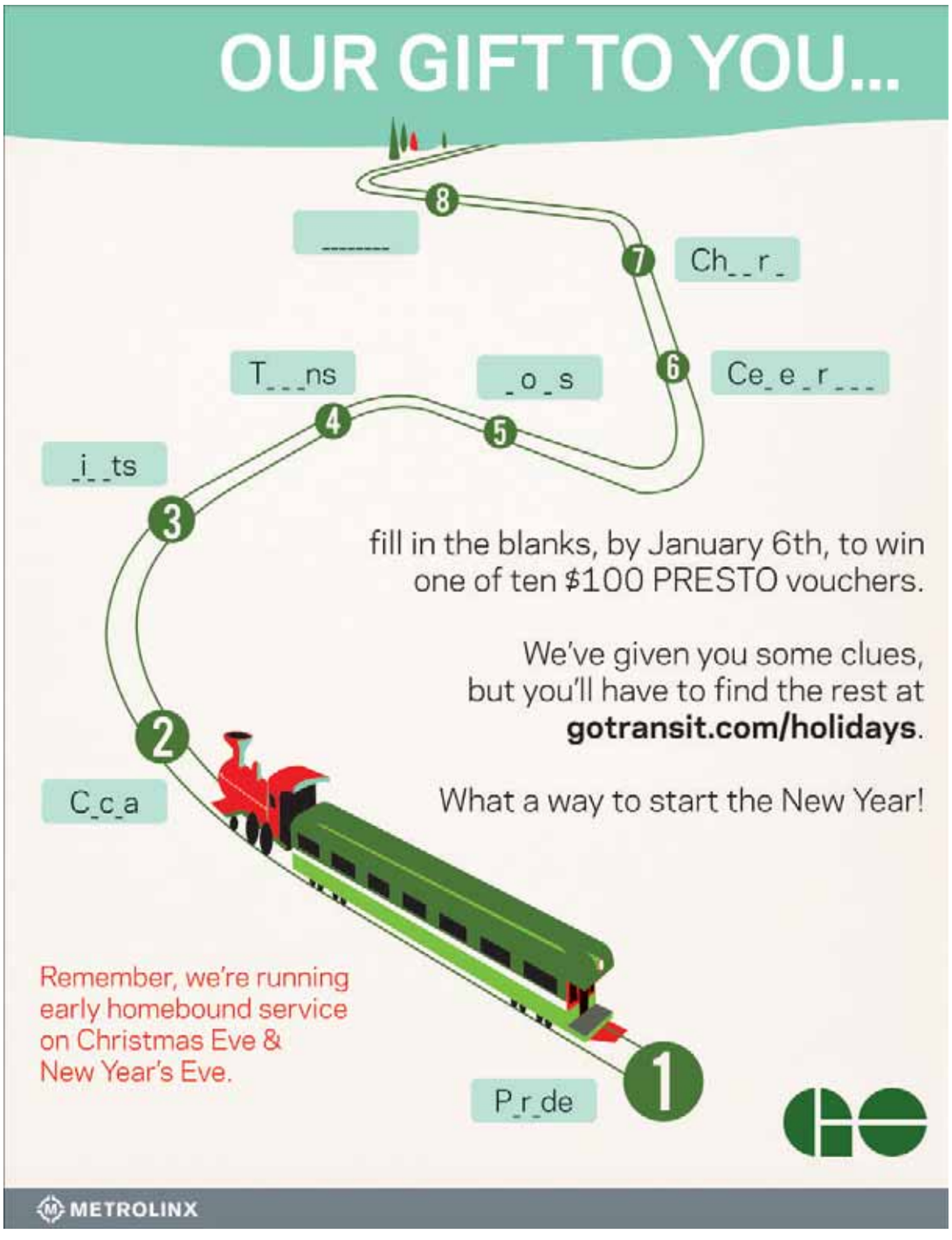
Midamar and its directors, brothers Jalel and William (Yahya) Aossey, are charged with conspiring to make and use false statements and documents, sell misbranded meat and commit mail and wire fraud.

Also indicted is another company that the brothers controlled, Islamic Services of America, which is one of the few organizations that is approved by Malaysia, Indonesia, Kuwait, Saudi Arabia and UAE to certify beef for import into their countries.

Midamar's founder, 73-year-old William Aossey Jr., pleaded not guilty to similar charges last week. His sons, ages 40 and 44, were scheduled to be arraigned Monday in federal court in Cedar Rapids.

THE ASSOCIATED PRESS

Bill Aossey Jr. poses for a portrait in front of an image of Damascus at Midamar Corp. in September 2010. MARY WILLIE/THE DES MOINES REGISTER/THE ASSOCIATED PRESS FILE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METROLINX

Fad. S. Korea goes nuts for macadamias

South Korean retailers are experiencing a boom in sales of macadamias after nut rage imploded the career of a Korean Air Lines executive and embarrassed her family and country.

The flavourful macadamia nut was unfamiliar to many South Koreans until Cho Hyun-ah, the daughter of Korean Air's chairman, ordered a flight attendant off a Dec. 5 flight from New York City after she was served them in a bag instead of on a plate.

Macadamias are now a household name in South Korea, and with curiosity about their taste piqued, sales are booming.

Auction, a South Korean unit of eBay and the country's second-largest e-commerce website, said Monday that sales of macadamias surged nearly 12-fold during the previous five days without any promotions. It said macadamias previously made up five per cent of its nut sales but were now accounting for almost half.

Cho made a public apology last week. Her father also publicly apologized and said he should have raised her better. THE ASSOCIATED PRESS

Australia

Uber backtracks after price hikes

The ride-sharing company Uber was promising free rides and refunds Monday for people fleeing central Sydney after coming under fire for hiking prices during a hostage crisis that was unfolding there.

Technology news website Mashable reported that Uber was briefly charging customers a minimum fare of 100 Australian dollars ($82 US) and four times the usual per-mile rate to leave the city centre.

THE ASSOCIATED PRESS

Market Minute

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VOICES

THE NEW FACE OF FEMINISM

Metro's Kristen Thompson looks at high-profile young feminists, such as recent Nobel Prize-winner Malala Yousafzai, who are taking a cause traditionally championed by adults and inspiring those in their cohort to effect change

KRISTEN THOMPSON
kristen.thompson@metronews.ca

There's a new face to feminism these days. It's a youthful face, made up of girls fighting for women's rights before they've become women themselves.

Consider Malala Yousafzai, who has just become the youngest person to receive the Nobel Peace Prize. She was only 11 years old when she became a vocal activist for the universal right to education.

Her rallying cry for children's and girls' equality is aimed at policy-makers. But, by virtue of her age, she's inspiring fellow children.

It was girls who clutched photos of Malala at a school assembly in Pakistan to celebrate her Nobel Prize. Her autobiography is available in a young reader's edition to make her story more accessible to a younger audience.

Everywhere you look these days, girls' rights campaigns are aimed at, well, girls. There's Plan Canada's Because I Am A Girl movement. There's Fbomb.org, which connects teens concerned with gender equality. There's TeenFeministBlog, run by high-schooler Jules Spector, a teen advisor for the UN's Girl Up campaign.

And there are high-profile feminists such as Jennifer Lawrence, Lorde and Emma Watson, the latter of whom recently gave an eloquent and rousing speech to the UN on the topic of gender equality.

Megan Boler, a professor of media and education at OISE-University of Toronto, notes there has been a profound shift in the perception and popularity of gender issues and that young people are, in large part, a driving force.

She attributes this shift to several factors, including Hillary Clinton's 2008 presidential run, which ignited discussions about women in politics; young women's involvement in the Occupy movement; the Slut Walk protests; and increased discussions about cyberbullying in light of the suicides of several teen girls who were bullied by classmates.

"There's something about feminism that's being rekindled and reclaimed," says Boler. "Generational divides will not discourage young women from getting involved. I'm seeing it with my own nieces. They bring up issues about sexism in the media and gender roles."

"If we see role models of all different ages, then the hopeful implication is that 'feminist' stops becoming this bad word and … that it's cool at all ages to engage in working for gender equality."

This is the feminism girls are growing up with: A confident and empowering movement where people such as Malala are telling girls they have a voice and that even children can ignite change.

This new era is teaching our girls they don't need to look solely to adults to fight for them; they are empowered to fight for their own rights to education, safety and sexual freedom.

Whether these girls grow up to be the next Gloria Steinem or Germaine Greer remains to be seen. But whether they create change through politics and activism or simply through the way they treat each other, they will have made a difference.

This didn't start with Malala. But she's been a huge catalyst. The impact of that brave, inspiring girl will have a ripple effect that will be felt by girls as they grow into women. This is Malala's legacy.

Fourth-wave feminism

This is the feminism girls are growing up with: A confident and empowering movement where people such as Malala are telling girls they have a voice and that even children can ignite change.

Clockwise, from top: Despite being shot by the Taliban for expressing her views, Malala Yousafzai is championing the rights of girls to go to school; Singer Lorde is confident and outspoken and openly identifies as a feminist; Actress Jennifer Lawrence is unapologetic about her curvy body and has expressed a desire to choose film roles that young girls can look up to; Emma Watson is the UN Women Goodwill Ambassador. ALL PHOTOS GETTY IMAGES

Girls learning that feminism is unfinished business: Prof

Metro talked to Dr. Joan Simalchik, a professor in gender studies at the University of Toronto, about how feminist role models are getting younger.

Is there a new trend of young feminists championing for girls' rights? Yes. Many in this generation of young people … begin with an understanding that the goals of feminism are pretty well reached, but when they venture out, they see that full equality is far from their reality.

Violence is still very present. Pay equity has not been achieved, and childcare is often not available or affordable. Women still are responsible for much domestic labour and family caregiving. When they see popular figures such as Emma Watson speak out, their own feelings are validated. And when they learn about Malala Yousafzai's bravery, they are inspired to exercise whatever agency they can muster.

What are the implications of this trend? When their expectations clash with reality, they look to make change. You can see this in the public initiatives young women have organized. The York University students who founded Slut Walk are a good example. Because violence is so prevalent, this campaign has resonated widely.

Why is this important? Because there is unfinished business along with contemporary issues like cyberbullying. The National Film Board has a new film with that name: The Unfinished Business of Feminism in Canada.

Is feminism changing from one generation to the next? Each generation responds in their own culturally available way to their own particular context. This generation for instance uses social media in ways that far outpace previous networking options. Beyond the form, the content of their feminism is far more diverse.

They see the intersection between race, class and gender clearer. They have responded to the Idle No More message and have taken up the demands for an end to violence against indigenous women. Feminism has changed — from time to time and from place to place. While my students love to learn about Nellie McClung's Mock Parliaments staged to gain voting rights for women, none of them, myself included, would identify as suffragettes. KRISTEN THOMPSON/METRO

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Lindsay Lohan vows to never return to Hollywood

She's thought long and hard about it, and Lindsay Lohan is through with Hollywood.

"I won't live in L.A. again, hell no," she tells the Observer in a lengthy interview.

"My friends tell me s— when they come over I don't want to hear. I don't even know who got married and who got pregnant. You turn on the news in L.A. and it is all gossip about people. All the stuff that is going on in the world right now and this gossip is the news? I love the BBC. I haven't heard myself mentioned on TV since I have been here. That has been really weird for me, and great."

So there you go. The secret to keeping Lindsay Lohan away is to constantly mention her.

I'd like to take this time to announce that Ms. Lohan will feature into every single thing I write from now on.

Ahem. Also of note? Lohan seems to suggest her past issues with excessive partying that got her into so much trouble weren't really her own fault, but more the fault of her friends and their lack of creativity when it came to social activities. Well, them and the paparazzi.

"In L.A. I didn't know what to do apart from go out every night. That's when my friends were free. And I would go out and there would be all these cameras there and that's when it became difficult," she explains. "I can go for a run here on my own. I do every morning, early, and I think how my friends in New York would still be up partying at that time. I needed to grow up, and London is a better place for me to do that than anywhere else." Congratulations, London. She's all yours.

Forget the ice bucket: Samuel L. Jackson wants celebs to sing

Samuel L. Jackson

Pulp Fiction star and Marvel mainstay Samuel L. Jackson has a new challenge for celebrities who helped make the ALS Ice Bucket Challenge so successful this summer. He wants them to use that social media power to raise awareness about the protests happening around the U.S. following a New York grand jury's decision not to indict a police officer in the choking death of Eric Garner. "All you celebrities out there who poured ice water on your head, here's a chance to do something else," Jackson says in a video posted to Facebook. "I challenge all of you to sing the We Ain't Gonna Stop Till People are Free song."

At just 25, Taylor gets her own retrospective

Los Angeles' Grammy Museum unveiled a brand new exhibit this weekend called The Taylor Swift Experience, full of guitars, clothing, news clippings, old journals and general detritus culled from the 25-year-old's brief, but hugely successful, music career. While it may seem odd to have a retrospective museum exhibit for someone just barely born in the '80s, keep in mind that most of the instruments and costumes on display are from the recently abandoned country music part of career, so she wasn't using them anymore anyway. Also in the exhibit? One of her Grammys, as Swift has already won so many that she could spare one for the exhibit. Assuming, that is, she even notices it's gone.

Taylor Swift

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Stevie Wonder AFP

Grammys to honour Stevie

Music. Celebration for Motown legend will be recorded Feb. 10 in L.A. and aired Feb. 16

The Grammys will pay tribute to Stevie Wonder with a special performance after the annual award night.

Organizers announced a two-hour show in the Motown legend's honour to be recorded on Feb. 10 at the Nokia Theatre in Los Angeles, two days after the awards.

Jack Sussman, an executive at CBS, which will broadcast the tribute on Feb. 16, said the show will "give everyone he's inspired a chance to show our esteem."

"His music is as poignant as it is appealing and his songs have the ability to illustrate our world in every note," he said.

The show follows the model of a special last February to celebrate 50 years since the Beatles arrived in the United States. AFP

Grammy success

Stevie Wonder, the 64-year-old visually impaired artist, has won 25 Grammys, including the prestigious Album of the Year in 1974, 1975 and 1977. The 1977 Grammy was for his seminal double album Songs in the Key of Life, which featured hits such as Isn't She Lovely and I Wish. He embarked on a short tour last month, playing the double album.

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The Lost Dhow: A Discovery from the Maritime Silk Route is jointly organised by the Asian Civilisations Museum of Singapore, the Singapore Tourism Board, and the Aga Khan Museum. The objects in the exhibition are from the Asian Civilisations Museum, Singapore. Acquisition of the Tang Shipwreck Collection was made possible by the Estate of Khoo Teck Puat.

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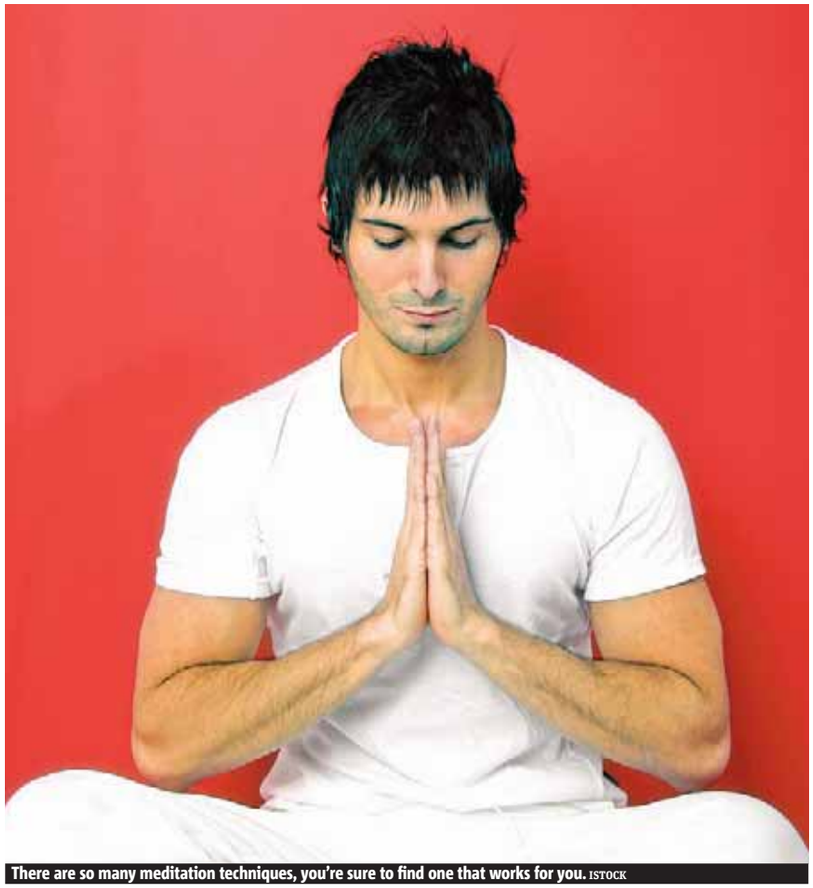
LIFE 3

Twelve days of meditation

De-stress. OK, there's technically only nine days left until Christmas, but while you're decking the halls (and braving the mall) find inner calm

GABBY BERNSTEIN
Metro in New York City



There are so many meditation techniques, you're sure to find one that works for you. ISTOCK

When people tell me they don't have time to meditate, I reply, "Do you have time to feel like crap?"

We're all busy, especially in December, but with these seven steps we can all make time to meditate.

We all have a minute to spare

One minute of every day spent in stillness can change your life. Commit to taking even just one minute a day, using it to silence your mind and calm your energy, and follow this breathing technique: Breathe in for five seconds, hold your breath for five seconds, release for five seconds, hold for five seconds

Peace is in your pulse

Meditation can be as simple as finding your pulse. This one is easy for meditation newbies. A great meditation for beginners is what I've nicknamed Peace Is in Your Pulse. It improves your concentration and brings calm to even the most scattered mind.

Begin by sitting comfortably cross-legged on the floor. Lightly close your eyes and focus on the space between your eyebrows (the third-eye point). The mantra is "sat nam" (which means "truth identified").

The hand position (mudra) is simple. Place the four fingers of your right hand on your left wrist over your pulse. The fingers are in a straight line, lightly pressed on the wrist so you can feel your pulse in each fingertip. On each beat of your pulse, mentally hear the sound of sat nam.

This meditation can be done any time, anywhere, and you can experience great benefits in just one minute. Practise it daily to develop your intuition and calm your mind.

Peace begins with you

This technique is a fantastic Kundalini meditation that's fast, easy and effective.

Gently press your thumb against your other four fingers individually, and say one word: index finger (peace), middle finger (begins), ring finger (with), pinkie finger (me).

Breathe deeply as you say each word. Go as slow or as fast as you'd like. Use this technique in line at the bank, under the desk in an office meeting or in the middle of a fight with your partner. This technique will get you through all kinds of crazy emotions and help you release resentment fast.

Meditate while you cook

If you enjoy cooking, then it can be considered a meditative practice. Time spent in the kitchen is designated for creativity and helps you detach from your day. Next time you feel stressed out after a long day, cook a meal. Use your time in the kitchen to redirect your focus from your to-do list and onto serving your soul. Enjoy the process, and then enjoy the meal!

Walking meditation

You can find a meditative moment even when you're walking. The next time you're running an errand or walking to your office, make it meditative.

- Take a deep breath with every step.
- Feel your feet and focus on being more grounded with each step.
- Use a mantra while you walk. With each step, recite these words: "I am calm now."

A great place to try walking meditation is when you're in a crowded mall frantically finishing your holiday shopping.

Take a five-minute tech break

One of the main reasons we're so stressed is because of technology we are always carrying with us. Give yourself a five-minute tech break once a day.

Use that five minutes to practise one of the meditations you've learned here. Use your one-minute breath, go for a walking meditation or find peace in your pulse. Turn off your phone, step away from the computer and create space for stillness.

Use these steps to bring more meditative moments into your day and get your zen on well into the New Year!

GABBY BERNSTEIN IS A CERTIFIED KUNDALINI YOGA AND MEDITATION TEACHER. SHE IS ALSO TRAINED IN THE EMOTIONAL FREEDOM TECHNIQUE AND IS A STUDENT OF TRANSCENDENTAL MEDITATION.

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Facts and fables of active sitting

Staying fit. Exercising while being seated will not replace a workout

Extended seating may cause more joint pain than exercise. ISTOCK

As studies emerge classifying sitting for extended periods as bad to our health, wobbly stools and exercise balls are replacing office chairs, pedal sets are being installed under desks and everyone's talking about how to stay active while seated at their desk. But what can we expect from active sitting? Philippe Til, a trainer and martial arts expert in L.A., weighs in on the facts and fables.

Fact: Effective posture is the basis for active sitting. If we start off slumped, we might not get anything out of it.
"Doing exercises in a chair or on an exercise ball without taking posture into account is like stacking fitness on top of dysfunction," says Til. To get started, take what he calls the "horse ready" position. "Sit on the edge of your chair with your spine straight and your shoulders squared," he says, "And open up your thigh-to-trunk angle so that it's obtuse — this part is very important. Your feet will be directly under your shoulders."

Fable: Active sitting is a good way to get in shape.
Hardly, according to Til, who says that it should never be considered a substitute for whole fitness. "Active sitting is still sitting," he says. "It's not going to help you lose weight and it certainly won't increase your cardiorespiratory fitness levels. It will, however, get your blood flowing and can hinder some adverse long-term effects on the joints if done properly, starting with proper posture."

Fact: Good posture helps blood flow and oxygen intake.
The simple postural adjustment that Til suggests can open the airways in your lungs. "I've had clients with frequently occurring headaches who have seen them stop once they changed their posture, which is most likely due to the increased oxygen intake and blood flow."

Fable: Active sitting will make joint pain go away.
According to Til, desk jockeys are prone to pains in certain joints. Active sitting might reduce the pain a bit, he says, but it won't replace actual exercise.

Fact: Extended sitting is more likely the cause of joint pain than exercise.
Indeed, says Til, when his clients complain of pain in, for example, the lower back, sitting is the culprit in most cases. The pain is the back's way of responding either to lack of use or poor posture, or a little of both. He advises keeping the thigh-to-trunk angle open during the day to avoid the tightening of the hips experienced by most desk jockeys. Keeping up your regular exercise program, however, is essential if one is to benefit from active sitting. "Your joint pain will likely go away," he says, "and if it doesn't, it's best to see your doctor."

Getting started
Til suggests using a variety of tools, including exercise bands, that can add variety to your moves and perhaps even some calorie burn. If it's not possible to take equipment to work, start by using your desk, subtly placing your hands on the top and pushing down — and the opposite — to get in isometric moves. In the traditional seated position, push your heels powerfully into the ground. Shoulder rotations are important for keeping them square, says Til, and neck rotations engage spine muscles. AFP/ PHILIPPE TIL, WHO SUPPLIES THE ENGLISH TRANSLATION OF FRENCH FITNESS EXPERT GEORGES HÉBERT'S UPCOMING PRACTICAL GUIDE TO PHYSICAL EDUCATION. TO BE RELEASED IN JANUARY, IT IS THE SECOND EDITION OF THE NATURAL METHOD BOOK; THE FIRST IS AVAILABLE IN THE KINDLE STORE.

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Dip your way to being the trendiest hostess

Spinach Bread Spread.
These dippable suggestions will make holiday entertaining (or gifting) a lot easier

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This recipe serves 24. THERESA ALBERT

Holiday parties are a perfect time for dips and flatbreads. You can certainly buy all kinds of dips that will do the trick but they may contain more mayo and salt than anything else.

It really doesn't take much to mix a few items together to bump up the healthy factor, not to mention bragging rights that it is homemade!

Consider making large batches and using jars to deliver them as hostess gifts. Just be sure to let your host know that it isn't actually "canned" and must be refrigerated.

Or better yet, put it out for other guests now so you can shine in your own little spotlight when people "oooh" and "ahhh".

Try these combos, tweak ratios to get the texture, thickness and intensity that you would like. These are foolproof combos!

Ingredients

- 1 10-oz package frozen chopped spinach thawed
- 1 8-oz can artichokes
- 1 cup plain Greek yogurt
- 1/2 cup low-fat cream cheese
- 1/2 cup fresh parsley
- 1/2 cup chopped green onions
- 1 clove garlic, pressed
- 1 tsp dried oregano
- Salt and pepper

Apple chutney: Apple pie filling, curry powder, sesame oil

Tzatziki: Greek yogurt, grated cucumber (squeezed dry), garlic, salt

Blue cheese dip: Greek yogurt, blue cheese, grainy mustard, garlic powder

Artichoke and Asiago: In blender, pulse one can artichokes, grated Asiago, Greek yogurt, garlic, dill.

Warm chèvre and cranberry dip: Whole cranberries, orange juice, honey, cooked and cooled. Stir in goat cheese, serve warm.

FLASH FOOD

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Things to spread and dip have come a long way, too! Flatbreads are all the rage, both soft and crispy.

Look for Ethiopian Teff bread called Injera. It's considered a kitschy throwback to include good old saltines and crackers with the higher end, cooler options.

But if you try to pull that off on its own, be prepared for some foodie bullying.

Spinach Bread Dip

With the right chewy bread, this could be a whole meal! But do share at a party, it takes seconds to whip up, but fills you up and nourishes at the same time.

1. Drain spinach and squeeze dry. Blend all ingredients in a blender. Serve warm (heated in oven or microwave) or cold from fridge with chewy bread.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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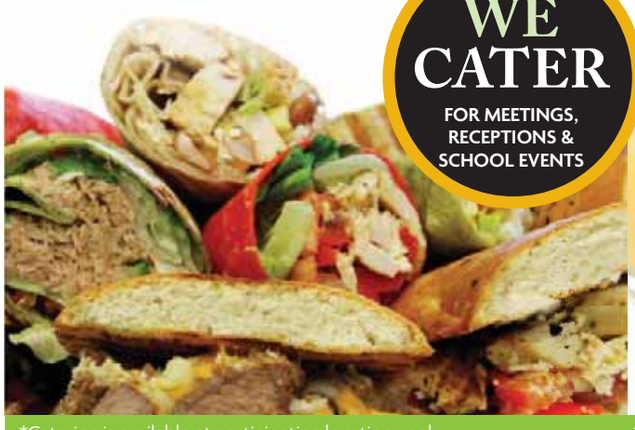

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My boss caught me Buellering around town

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
I recently called in sick to work so I could catch up on errands. Then, while I was out doing some afternoon shopping, I saw my boss walking on the other side of the road. There's no way to confirm she saw me, but the vibe has been weird since. I'm worried that I broke her trust, but I also don't want to make things worse by bringing it up. How can I clear the air?
— Remorseful Truant

Dear RT,
Your boss' reaction will probably depend on your track record.

First-time Ferris Buellers won't rouse suspicion — after all, an employee who is legitimately too ill to work could still be well enough to run errands. But if you've left enough faux-sniffly voicemails to teach Flu Faking 101, your boss has likely been onto you for a while.

At this point, don't dig deeper into your ploy. You've told one lie — telling more (e.g. loudly and theatrically complaining about how you "still feel weak") won't help. Chances are your boss has feigned phlegm at some point in her career, and will forgive once-in-a-blue-moon hooky.

However, if your offence is symptomatic of more viral professional deceit, it might be time for a dishonesty detox.

Work hard, and don't call in sick again until you're actually coughing.

Dear Metro,
Someone recently left an anonymous sticky note on my desk complaining about how I make too much of a mess in the office kitchen. I'm happy to do my dishes more frequently — but I'm also very irritated about this passive-aggressive note! How can I vent my frustrations when I don't know the identity of my enemy?
— Tell Me to My Face

Dear TMTMF,
There are whole websites dedicated to sharing — and mocking — other people's passive-aggressive notes. Not so hilarious: getting pegged with one yourself. It's time for your Post-It putter to unstick their head from their bum.

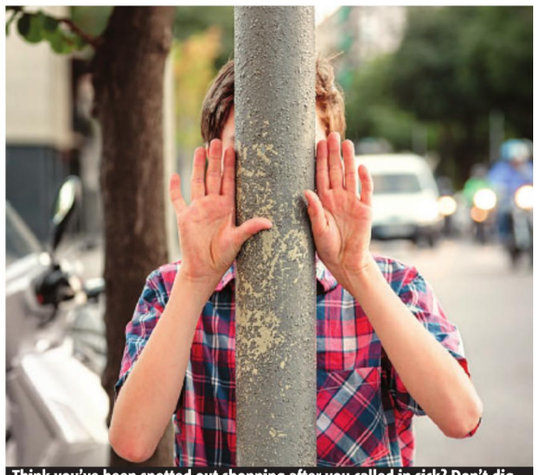
Not-shy types could calmly address the issue in a public context, such as a meeting or an all-staff email.

Your pen pal obviously fears confrontation, and any sort of response will probably freak them out.

To spare your culprit office-wide awkwardness, you could also do a discreet and friendly ask-around, to see if anyone witnessed the deed — or if anyone 'fesses up.

If you identify your sticky bandit, avoid getting aggressive yourself — passively or otherwise. Do: Keep any response polite and eyeroll-free. Don't: Leave a dirty mug in the sink with an "Enjoy cleaning me" memo fixed to its handle.

And on that note, do your dishes, already.



Think you've been spotted out shopping after you called in sick? Don't dig the hole deeper by telling more lies. ISTOCK

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NHL

Oilers fire Eakins

General manager Craig MacTavish said there was "blood all over my hands" after another disappointing start by the Edmonton Oilers, but it was coach Dallas Eakins who took the fall.

Eakins, formerly the head coach of the Toronto Marlies, was fired by the Oilers Monday, after another season gone wrong in Edmonton. THE CANADIAN PRESS

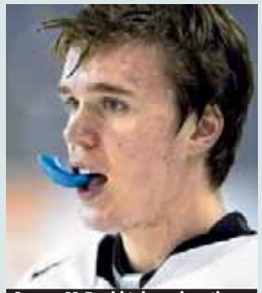
World junior hockey

McDavid returns to full practice

Connor McDavid took part in full practice with Canada's world junior team for the first time since camp opened last week.

McDavid was cleared for contact less than five weeks after breaking a bone in his right hand during a fight in the Ontario Hockey League.

THE CANADIAN PRESS



Connor McDavid takes a breather during Monday's practice in St. Catharines. GETTY IMAGES

NHL

Fleury stands tall as Pens top Bolts

Marc-Andre Fleury stopped 28 shots, Bryan Rust and Brian Dumoulin scored their first NHL goals and the Pittsburgh Penguins beat the Tampa Bay Lightning 4-2 on Monday night.

Brandon Sutter added a short-handed goal and Steve Downie had a goal and an assist for the Penguins.

THE ASSOCIATED PRESS

MLB

"I'm going in with the intention of winning in 2015."

Left-handed starting pitcher Jon Lester on Monday in Chicago. Lester signed a $155-million, six-year contract with the Cubs who haven't won a World Series title since 1908, around the time the Model T was rolling off the assembly line.

Magic mystified by Raptors again

NBA. Toronto continues to be bane of young Orlando squad

The Toronto Raptors still have Orlando's number.

Lou Williams scored 18 points, while Kyle Lowry had 17 points and eight assists to lift the Raptors to a 95-82 win over the Magic on Monday, Toronto's 10th straight victory over the Eastern Conference rival.

Amir Johnson finished with 11 points, while Patrick Patterson chipped in with 10 for the East-leading Raptors (19-6), who played their ninth game without injured all-star DeMar DeRozan. They're now 6-3 without him.

Tobias Harris had 18 points to top Orlando (10-17), while Ben Gordon had 16.

It wasn't the prettiest victory for the Raptors, who needed overtime to beat the Knicks 95-90 in New York Sunday night. But the Raptors turned an eight-point deficit late in the first half into a 71-65 lead heading into the fourth quarter.

A three-pointer by Channing Frye cut Toronto's lead to just two points with 9:28 to play. But the Raptors play their best basketball in fourth quarters at the ACC, and by the time Greivis Vasquez drained a floating jumper with six minutes to play, the Raptors were up by 14.

A driving layup by Williams gave Toronto a 16-point lead — their largest of the game — with 3:54 to play. The Magic would chip away at the lead, pulling to within 10, but that only served to fire up Lowry, who drilled a three with 1:47 to go, putting the game out of reach and securing Toronto its third straight victory.

Toronto were outshot 49 per cent to 45, but outrebounded their visitors 39-36. The Raptors host the Brooklyn Nets on Wednesday then travel to Detroit to face the Pistons on Friday. They're back home to host the New York Knicks on Sunday then play six straight on the road — a two-week break from the ACC while the world junior hockey championships are in town. THE CANADIAN PRESS

On Monday

Raptors	Magic
95	82

- DeMar DeRozan made his first appearance on the bench since he tore a tendon in his groin, sitting alongside the assistant coaches dressed in a light grey suit.
- Orlando hasn't beaten Toronto since March of 2012.

Raptors forward James Johnson goes to the hoop against Kyle O'Quinn on Monday night at Air Canada Centre. Johnson had eight points and three rebounds in 21 minutes of playing time in the Raptors' win. STEVE RUSSELL/TORSTAR NEWS SERVICE

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
It may seem as if someone has taken advantage of your kindly nature but could it be you are overreacting? Even if they have been less than honest has it done any harm?

♉ Taurus
April 21 - May 21
The next 24 hours will be hectic. If you find yourself rushing all over the place but not getting much done you should take that as a sign that you have lost control.

♊ Gemini
May 22 - June 21
Don't bite off more than you can chew today, especially if you are trying to impress important people. The best way to influence them is to be yourself.

♋ Cancer
June 22 - July 23
This could be a lucky day for you, especially if you are prepared to overcome your own cautious nature and take a risk of some kind.

♌ Leo
July 24 - Aug. 23
If you give the impression that you are anxious for success you could attract the attention of those who know how to play on your greed.

♍ Virgo
Aug. 24 - Sept. 23
A loved one will be a little too emotional today but if you want some peace you are going to have to help them deal with their issues.

♎ Libra
Sept. 24 - Oct. 23
You don't have to explain your motives or your actions to anyone. If someone demands to know what you are doing just tell them to mind their own business.

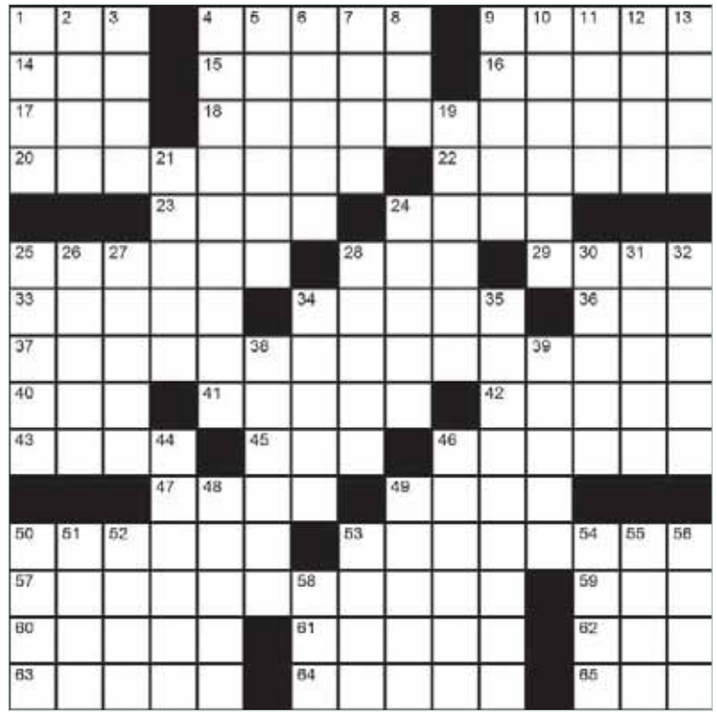
♏ Scorpio
Oct. 24 - Nov. 22
The more others say something cannot be done the more determined you will be to prove them wrong. Just be careful you don't take on something that is beyond even your formidable powers.

♐ Sagittarius
Nov. 23 - Dec. 21
If you let your emotions get the better of you today you will most likely regret it later in the week. However bad something may be, it isn't worth getting worked up.

♑ Capricorn
Dec. 22 - Jan. 20
Anyone who expects you to stay in one place today is going to be disappointed. You will rush, maybe with no idea of where you're going.

♒ Aquarius
Jan. 21 - Feb. 19
The atmosphere will be a bit tense today. That could spell trouble if you are the type of person who relieves tension by spending money.

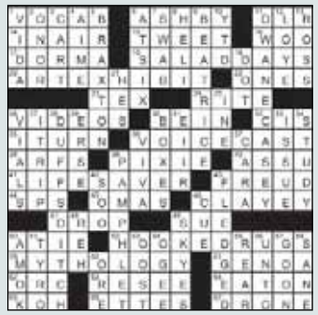
♓ Pisces
Feb. 20 - March 20
You may have to react to a series of minor crises today. Most of them are of your own making.



Across
1. Classy car
4. Sofa-turned-bed
9. Story with morals
14. Ms. Remick
15. Way to serve a deli sandwich: 2 wds.
16. Be of service
17. Compass dir.
18. Stephen Harper in 2011 ...and again in 2015?: wd. + acr.
20. St. __ Basilica, in Charlottetown
22. Unorthodox belief
23. "Hey, there..."
24. Rock's covering
25. Bury
28. Sci-Fi play
29. Samson's biblical hideaway, Rock of __
33. Polynesian language
34. Old labour camp of Russia
36. Lettered sun ray
37. Everest enthusiast: 2 wds.
40. Early hrs.
41. "Have a Little Faith in Me" singer John
42. Room and __
43. __ and exercise
45. Alphabetic trio
46. Skating great Ms. Yamaguchi
47. Belinda Carlisle's "_ __ Weak"
49. Gotchas!
50. That landing craft on Comet 67P
53. Drink known for its 'chocolatey' malt flavour
57. Invitee's offering for the party planner: 2 wds.
59. Li'l diagram
60. Computer chip company
61. Athenian's shopping venue
62. "Alice" waitress
63. West†Yorkshire city in England
64. Currency of Kuwait
65. Thumbs-up

Down
1. Discharged some vein liquid
2. Bill of fare
3. Imagine, archaically
4. Slave River town in the Northwest Territories near the Alberta border: 2 wds.
5. Anxiety
6. University in Peterborough, ON
7. Belonging to Popeye's beloved Olive
8. Wedding announcement word
9. Fortunes
10. Disinclined
11. Beseeched
12. Go-Go's: "Our __ Are Sealed"
13. Like certain trees
19. Like music meant for an ensemble to sing
21. Reject
24. Swindle
25. Irate one's declaration: 2 wds.
26. The Beauty Myth author Ms. Wolf
27. Type of abode
28. "__ __ You" by Bryan Adams
30. Band instruments
31. Deflect
32. Tuesday: French
34. Huge
35. 'Rock of...' or 'Strait of...'
38. Musician Ms. Mann's
39. "Push" band from Vancouver
44. Leaning
46. The face of the Great Sphinx is believed to be in this Pharaoh's likeness, variantly
48. Certain Celts
49. Airplane: French
50. Drummer/singer Mr. Collins
51. Sharpen skills
52. Fancy suffix to 'Art'
53. Today, in Rome
54. Borderline
55. Cairo's river
56. Me-me-me's
58. Down

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	5	6	8	9	2	1	7	4
9	7	1	6	4	5	8	2	3
8	4	2	3	7	1	5	6	9
7	9	3	4	5	6	2	1	8
5	1	8	7	2	9	4	3	6
6	2	4	1	3	8	9	5	7
1	6	7	2	8	4	3	9	5
2	8	9	5	6	3	7	4	1
4	3	5	9	1	7	6	8	2

	7		2				4	
1					8	9	6	3
			9				5	
2		6			5		1	
				4				
	5		3			6		2
	8				3			
9	4	2	8					1
	1				4		7	

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